

Oklahoma's Third Heart Disease Course for Multidisciplines

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IN APRIL 1960 the third in a series of short courses on "The Heart Patient," was conducted at the University of Oklahoma Medical Center. The course has been held biennially since 1956. A report of the first course was published previously (1).

These 2-week courses have been co-sponsored by the University of Oklahoma Medical Center, the Oklahoma State Department of Health, and the Oklahoma State Heart Association.

Purpose

The course is designed for physicians, nurses, social workers, and other paramedical personnel. Its purpose is to increase the students' knowledge about the heart diseases and the problems these diseases present to individuals and communities.

The prevention and treatment of heart disease often require the services of a variety of medical and paramedical disciplines. Basic information about cardiovascular diseases and the programs necessary for their control must therefore be communicated to all the disciplines concerned. The course stresses a multidiscipline approach to heart disease problems.

Students and Faculty

The students in 1960 consisted of 19 nurses, 9 dietitians, and 7 social workers and vocational rehabilitation workers. Although no physicians enrolled for the entire course, a number of them attended individual sessions.

Most of the faculty participants were from various divisions of the University of Oklahoma Medical Center. Also included were

representatives of the Oklahoma State Department of Health, the Oklahoma State Heart Association, the Public Health Service, the Oklahoma State Department of Public Welfare, and the Oklahoma Medical Research Foundation.

The Program

To provide variety in teaching methods and to stimulate student participation, the program offered lectures, case presentations, panel discussions, and group discussion periods.

Lectures included a review of anatomy and physiology of the circulatory system, a review of the pathology of important cardiac disorders, problems of patients with each of the major forms of cardiovascular disease, rehabilitation of stroke patients, problems in detection and prevention of heart disease, and public health aspects of heart disease. Panels discussed problems in prevention and correction of obesity, employment of patients with heart disease, and psychological and physical rehabilitation of the stroke patient.

Dr. Hudnut, medical officer in charge, heart unit, Oklahoma State Department of Health, was coordinator of the course. He is a commissioned officer on temporary active duty with the heart disease control program of the Public Health Service. Dr. Mosley, associate dean in charge of special training and research programs and professor of preventive medicine and public health at the University of Oklahoma Medical Center, was faculty chairman for the course. Dr. Mosley is now commissioner of health in Oklahoma.

There were six case presentations, which followed and illustrated the morning lecture on the problems of patients with a specific type of heart disease. Discussion of the cases by a representative of each of the major disciplines involved in the care of the patient was followed by a general discussion by the group and guest consultants. The cases provided examples of coronary artery disease, hypertension, congenital heart disease, congestive heart failure, rheumatic heart disease, and cerebrovascular accident. For each case, problems of primary and secondary prevention of the particular type of cardiovascular disease were discussed in addition to the problems of the patient.

Discussion sessions were held each afternoon for each discipline, or sometimes for several disciplines during which specific problems were discussed in more detail. For example, topics planned for the physicians were: anticoagulation after myocardial infarction, preventable forms of hypertension, analysis of experience in cardiovascular screening, and open heart surgery. The nurses gave special consideration to work simplification, rehabilitation of stroke patients, home nursing for cardiac patients, and nursing responsibilities as part of an open heart surgery team. Special topics for dietitians were low-cost meals and the use of surplus commodities, sodium-restricted diets, and variations in types of fats and proteins used in research diets. The social workers included in their discussions social problems as related to the various types of heart disease, principles of working together, principles of interviewing, and diversional therapy.

As special features there were lectures on the relation of serum lipids to myocardial infarction and on the fluorescent antibody technique and its application to the detection of group A beta hemolytic streptococci, field trips, a demonstration of the mobile screening unit of the chronic disease control division of the Oklahoma State Health Department, a variety of films related to various topics of discussion, and

a lecture-demonstration by an open heart surgery team.

On the last day, community responsibilities concerning heart disease received special consideration. In a variety of ways the students were guided to relate the problems they discussed in the course to their own communities in Oklahoma and other States. One representative student from each discipline gave a report on recommendations for improving heart programs, summarizing the discussions held by the members of his discipline during the course. These suggestions have been given further consideration by the heart unit of the division of chronic disease control at the Oklahoma State Department of Health and the Oklahoma State Heart Association. In addition, many of the suggested improvements were shown to depend on individual efforts of the students when they returned to their home communities.

Discussion

The short course on "The Heart Patient" has been very successful and appears to improve each time it is given. The class of 35 students in 1960 was larger than in previous years, and enrollment was completed several weeks in advance.

Most of the students have been in paramedical professions. While a number of physicians have participated as faculty, relatively few have enrolled as students, either on a full-time or part-time basis.

There have been many indications of the value of these courses. They have significantly increased the students' knowledge about the heart diseases and their understanding of the problems presented by these diseases to individuals and communities. This advanced knowledge and understanding have been particularly helpful to paramedical personnel.

REFERENCE

- (1) Mosley, K. T.: Oklahoma's heart disease course for multidisciplines. *Pub. Health Rep.* 73: 355-358, April 1958.